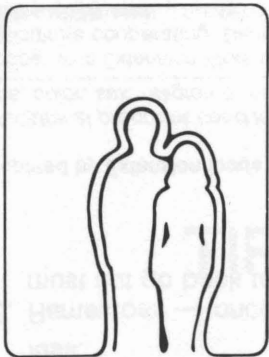


TIPS FOR WEIGHT CONTROL

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9-20-78 20M



TEXAS AGRICULTURAL EXTENSION SERVICE
The Texas A&M University System

Waist Watcher:

You may want to keep the *Tips for Weight Control* on your refrigerator door as a reminder to help you with your waist watching. Also enclosed is an evaluation form which we would like for you to fill out and return to this office.

Thank you for your interest and participation in the *Nutrition Today — Weight Control Tomorrow* mailout series.

Sincerely,

County Extension Agent

TIPS FOR WEIGHT CONTROL

1. Before you eat:

- Make a meal plan using the *Big 4 Plan*.
- Use the meal plan to choose what to eat.
- Plan meals ahead — even if it is just a few minutes ahead.
- Prepare only the food in your plan.
- Measure the food when you serve it.
- Make small servings seem larger by using a small plate and spreading out the food.
- Put leftovers away or take serving dishes off the table.



2. When you eat:

- Eat slowly.
- Eat in only one place.
- Wait 2 minutes before having second helpings.



3. After you eat:

- Scrape leftovers into the garbage.
- Put food in containers you cannot see through.
- Put food away so that it is not easy for you to help yourself to another serving.

4. When you have strong emotional feelings such as nervousness, depression, frustration, loneliness or boredom, or when the urge to eat hits, learn to do something instead of eating.

- Do something that is totally engrossing and requires concentration — take a walk, knit, embroider, play a game of cards, work a jig-saw puzzle or plant a garden.
- Do something close by — clean house, work a puzzle in the bedroom, read or watch television.
- Do something that cannot be done while eating, such as singing, jogging, painting a picture, taking a shower or going for a walk.
- While feeling good, make a list of things that can be done when you are most likely to eat. This list might include cleaning the bedroom, mowing the lawn, drawing, doing leathercraft, carving wood, etc.



5. Practice good shopping techniques:

- Make a list before you go shopping and stick to your list. Your list will help you overcome the temptation of appealing packaging.
- Take only enough money to the store to purchase the food you need.
- Shop only after a full meal when you are not hungry.
- Do not buy snack foods that you will overeat. Make these foods "off limits:" potato chips, crackers, corn chips, cookies, cake, non-diet cola and candy.



6. Be more active. Regular physical activity decreases appetite and keeps you in shape.

7. If you like to snack, save some food from breakfast, lunch or dinner to eat later in the day. Do not save food for the next day. Do not snack and promise yourself you will skip something later.

8. When offered an alcoholic beverage, ask for a substitute food or drink such as orange juice, water, tomato juice with a dash of hot sauce, a cola with lots of ice (to have less cola) or plain soda water (has no calories).

9. Keep a record of what you eat and your weight loss.

10. Remember — once you have lost weight, you must not go back to your old eating habits.



Prepared by Extension foods and nutrition specialists, The Texas A&M University System.

Educational programs conducted by the Texas Agricultural Extension Service serve people of all ages regardless of socio-economic level, race, color, sex, religion or national origin.

Cooperative Extension Work in Agriculture and Home Economics, The Texas A&M University System and the United States Department of Agriculture cooperating. Distributed in furtherance of the Acts of Congress of May 8, 1914, as amended, and June 30, 1914.
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TIPS FOR WEIGHT CONTROL